



VOL. LII, NO. 3

January/February, 2003

*Published in September, November, January, March and May by the Bureau of Food and Nutrition, Iowa Department of Education, Grimes State Office Building, Des Moines, Iowa 50319-0146. Phone 515-281-5356.*

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**Success Stories Around Iowa****Like on the Field or on the Court, TEAMWORK in the Cafeteria, Leads to SUCCESS!**

In our food service operation, we consider ourselves a success anytime we can blend staff and student ideas together and come up with a lunch that meets the needs of both, with a little fun added. Thanks to the support of our principal, who is a pretty fun-loving guy and who has a tremendous rapport with our kids, we were able to organize a tailgate party to celebrate our football and volleyball teams advancing in State competitions.

(Con't on Page 3)

**Jeopardy**

**Answer:** The Fruit and Vegetable Pilot Program

**Question:** How can we get kids to eat more fruits and vegetables?



The last issue of the Lunch Line included an article introducing the Fruit and Vegetable Pilot Program that was included in the 2002 Farm Bill. Twenty-five schools in Iowa were selected to participate in this program.

Results from this pilot have been remarkable. Students, teachers and administrators are writing letters to anyone they can think of who may be able to help this program continue. Students at Hiawatha Elementary School have written letters to everyone from the “mayor to the president.”

Positive remarks that have been reported include: “Students are not hungry anymore,” “fewer headaches” (West Bend-Mallard). “Teachers like seeing the students eating fruits and vegetables rather than the Twinkies from the vending machines” (Harding Middle School, Des Moines). “Students have been devouring the fruit as fast as it can be served” (Indianola High School). A parent reported to the school that her daughter wanted her to buy fresh pears at the grocery store, which she had never done before. (Johnston Middle School).

Brenda Tjaden at Center Point-Urbana Middle School felt the program was such a positive experience that she asked the school principal if she could organize a Nutrition and Fitness Day.

A committee was formed and the event was held on January 22. The day began with an assembly followed by a nutrition fair in the gym and nutrition and fitness activities in the classrooms. Samples and information about tropical fruits (papaya, mango, coconut, starfruit, blood oranges, manzanos and kiwifruit) were provided. A display about the benefits of eating bananas was complete with samples. Health activities included blood pressure screening and a heart monitor station. The event received good media coverage. Channel 2 had a segment on their 5:00 and 10:00 news and a half page of pictures was printed in the Gazette.

Some of the items offered by schools in November included (from most to least)

apples, carrots, bananas, pears, grapes, celery, oranges, broccoli, kiwifruit, dried berries, cucumbers, banana chips, fresh fruit cups, cantaloupe, pineapple, green pepper, melon mixture, lettuce, strawberries, tomatoes and grapefruit. The vendors are actively searching for items that are new as well as pre-portioned since most schools do not have the labor that is required for cleaning and cutting produce. North Scott Junior High uses the local grocery store to prepare and deliver the produce daily to overcome labor and storage concerns.

Has this pilot program been a success? One of the best answers to this question comes from Central Middle School in DeWitt. "The students love the snacks and look forward to receiving them every day. In many cases, we have been able to introduce new foods to them and they are learning to eat a better variety. We are constantly amazed by the fact that the students can't wait to get an apple for their snack and that they would not eat the same apple if it was provided as part of their lunch!"

## Team Nutrition Workshops



## for Schools

More than 20 organizations in Iowa are joining together in a new coalition. *Partners for Healthy Kids*, to support schools and communities in providing healthy nutrition and physical activity environments for children and youth. Several of the coalition members are already actively promoting healthy school environments. *Partners for Healthy Kids* is assisting member organizations to coordinate their efforts at the state and at local levels with activities and initiatives that either filter down or up from their local member organizations. Partners have agreed to work together for a minimum of two years, with a specific charge and support from the Iowa Department of Education, Bureau of Food and Nutrition, as part of a United States Department of Agriculture grant for Team Nutrition. A second source of support comes from the Midwest Dairy Council as part of their nation wide support for *Action for Healthy Kids*. The coalition is focusing on two initiatives:

1. The *Partners for Healthy Kids Coalition* is planning a statewide *Action for Healthy Kids—Eat Smart, Play Hard Summit* for the summer of 2003. The agenda for the summit will focus on a state action plan based on Iowa goals selected from the national *2002 Healthy Schools Summit*. The Midwest Dairy Council will support the coalition as it plans the summit. The work of the coalition will continue after the summit to integrate efforts in support of healthy school environments.
2. The Iowa Department of Education's Team Nutrition program has obtained grant funding to provide a variety of resources for schools, and the coalition is advising and supporting the development of the resources. These include:
  - a. Team-up for KIDS—healthy eating and physical activity environments regional workshops for teams composed of schools and their community supporters to demonstrate how to set up comprehensive

nutrition and physical activity programs in schools and to extend the messages and environmental changes into the larger community. The cities and dates are listed below as well as the registration deadlines for each site.

For information about the Team Nutrition workshops, contact Laura Sands at [laurasands@mchsi.com](mailto:laurasands@mchsi.com) or call 515-279-3424.

For information about the *Partners for Healthy Kids Coalition*, contact either Molly Pelzer or Laura Sands.

<b>Dates</b>	<b>Locations</b>
Mar. 8	Creston High School 601 W. Townline Road, Creston Registration Deadline: Feb. 12, 2003
Mar. 15	Cherokee Middle School 206 E. Indian Street, Cherokee Registration Deadline: Feb. 12, 2003
Mar. 29	Hoover Middle School 630 Hillcrest Road, Waterloo Registration Deadline: Mar. 5, 2003
Apr. 5	Washington Junior High School 1111 S. Avenue B, Washington, IA Registration Deadline: Mar. 5, 2003
Apr. 12	Southeast Polk High School 8320 NE University, Runnells, IA Registration Deadline: Mar. 5, 2003

- b. Mini-grants to schools to support nutrition or physical activity initiatives in their schools. The mini-grants are available only to schools that attend the workshops.
- c. Month-by-month event planning tools to assist schools and communities to plan and launch school-wide, community and media events, which will highlight the importance of healthy food and physical activity choices. The event planning tools are also available only to schools that attend the workshops.
- d. Certification for Team Nutrition schools and awards for outstanding programs.

For more information about the *Action for Healthy Kids—Eat Smart, Play Hard Summit*, call Molly Pelzer at [mpelzer@midwestdairy.com](mailto:mpelzer@midwestdairy.com) or call 800-406-6455.



## Success Stories Around Iowa

(Con't from Page 1)

### TEAMWORK in the Cafeteria...

We served wieners and brats, generously prepared on the grill by the Page County Pork Producers, inspite of what turned out to be a bitter cold day. A core group of student volunteers helped with serving, planned events, and arranged for music in the cafeteria for the day. Staff and students alike commented on how much fun the lunch was, and they have been campaigning for a repeat! We hope the next one will be a little less frigid, but certainly look forward to doing it again.

Joyce Johansen, Food Service Director  
Clarinda Community Schools

### Providing Nutritional Snacks for Students

Holy Family School-St. Boniface Center in Sioux City is a multicultural, inner city K-2 grade school. Mary Colt, food service director, had concerns that the meals and snacks served in the course of the school day were, for many students, the only foods they received. Teachers had also expressed concerns in regard to some children who came to school hungry and those who appeared listless and inattentive mid-morning.



Mary reports that St. Boniface was excited when applying for the Fruit and Vegetable Pilot Program offered by USDA because it supported the need for added nutrients and vitamins particular to this age group. St. Boniface was not selected to participate in the USDA Pilot Project. However, the idea of



providing nutrition snacks during school time was so favorable with staff at the school, a decision was made to implement such a program with the start of the new school year, despite not receiving additional funding from USDA's Fruit and Vegetable Pilot Program.

Mary's staff delivers apples, oranges, baby carrots, grapes and raisins to the school for distribution to the classrooms at 9:30-10:00 a.m. daily. Teachers reported a noticeable change in the students. Students were more alert and interested. St. Boniface has chosen to continue to supply the fruits and vegetables because of the positive effects in the classroom. The project is funded through the lunch program and is voluntary.

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Look for more success stories in our next Lunch Line newsletter. If you have a success story highlighting efforts of local programs to increase nutrition awareness, promote nutrition practice and policy, and get kids to choose or eat more nutritious foods—we would like to share what has worked for you! Please send your stories to Janelle Loney at the Bureau of Food and Nutrition via email [Janelle.Loney@ed.state.ia.us](mailto:Janelle.Loney@ed.state.ia.us). Include the topic of your story in the subject line of your message. We reserve the right to edit for length or clarity.



## National School Breakfast Week

National School Breakfast Week is March 3-7, 2003. The theme is "Make Your Morning Count with School Breakfast." Get ideas by looking at the ASFSA web site at the link below:

<http://www.asfsa.org/meetingsandevents/nsbw>

## REMINDER— 2003 Best Practices Awards

Nominations for USDA's Best Practices Award are due into the State Agency by **Monday, March 24, 2003**. This year, schools and institutions may submit nominations in the following areas:

- ◆ Reaching Needy Children in the Summer
- ◆ Increasing School Breakfast Program Access
- ◆ Increasing the Consumption of Fruits/Vegetables by Participants
- ◆ Healthy School Nutrition Environment
- ◆ The Eat Smart, Play Hard Campaign (ESPH)

Further details, including evaluation criteria and a nomination form can be found at [http://www.state.ia.us/educate/ecese/fn/school-lunch/res\\_food\\_service](http://www.state.ia.us/educate/ecese/fn/school-lunch/res_food_service) or call Janelle Loney at (515) 281-5356 for a copy if you do not have access to the Internet.

## Financial Aid Available

The Child Nutrition Foundation has a variety of scholarships available.

- ✓ Schwan's Food Service Scholarship
- ✓ CNF Professional Growth Scholarship
- ✓ GED Jump Start Scholarship
- ✓ Nancy Curry Scholarship
- ✓ Heinz Foodservice Scholarship
- ✓ ANC Scholarships

A variety of funds are available to give members the opportunity to pursue educational opportunities. Additional information and forms are available by calling the CNF Service Center at 1-800-877-8822 or going on-line to [www.asfsa.org/continuing/assistance/scholarships](http://www.asfsa.org/continuing/assistance/scholarships). In addition, scholarships are available from the Iowa School Food Service Association, which members can use to attend continuing education programs, short courses, and the state convention. For information about ISFSA scholarships, contact

Diane Duncan-Goldsmith at (319) 688-1021 or [duncan-goldsmith@iccsd.k12.ia.us](mailto:duncan-goldsmith@iccsd.k12.ia.us)

## Emergency Readiness

Do you have an Emergency Readiness Plan? A live teleconference was presented by NFSMI (National Food Service Management Institute) on January 15, 2003.

An effective Emergency Readiness Plan provides a foundation for what actions to take in the event of a disruption. When developing the plan, take one step at a time. A well-conceived plan will help reduce confusion and ensure the health and safety of customers and employees.

When a disruption occurs in the foodservice operation, an Emergency Readiness Plan can ensure the health and safety of customers and employees. Disruptions could last from one hour to one month or longer, food safety remains a priority. Some possible disruptions include: blizzards, droughts, earthquakes, floods, ice storms, hurricanes, tornadoes, wild fires, rolling blackouts, gas/electrical outages, kitchen fire, refrigeration breakdown, interruption of telephone or computer services, water line break, and weekly food or supply delivery interruptions.

Other possible challenges would include the lockdown of a facility, labor disputes, a bomb threat, or contamination of food. When an emergency occurs, assess the magnitude of the disruption and modify the Emergency Reading Plan accordingly.

The six steps of a successful Emergency Readiness Plan include:

1. Determine who will do what in the event of an emergency and develop a contact directory.
2. Identify disruptions that may hinder a food-service operation and determine alternate procedures.
3. Develop the foodservice Emergency Readiness Plan.
4. Teach components of the Emergency Readiness Plan to foodservice staff.
5. Practice emergency readiness drills.

6. Evaluate the Emergency Readiness Plan's effectiveness and update as needed.

Emergencies come without warning. A written Emergency Readiness Plan ensures the safe production, service and storage of food. Update and evaluate the plan on a routine basis.

Web Sites available for more information

American Red Cross (2003). In the news. Retrieved January 10, 2003, from <http://www.redcross.org>

Food and Nutrition Information Center (FNIC). (2002, Oct) Emergency preparedness. Retrieved January 10, 2003, from <http://www.nal.usda.gov/fnic/etext/000080.html>



## 2003 Summer Food Service Program (SFSP)



Are there hungry children in your community during the summer? If the answer is "Yes", then sponsoring the SFSP may be the answer. The SFSP was created to ensure that needy children have access to nutritious meals during the summer months when the National School Lunch Program (NSLP) and School Breakfast Program is not operating. Now is the time to start planning your 2003 SFSP. In the SFSP a sponsor receives reimbursement for both operating costs and administrative costs. The reimbursement rates for 2003 are listed below. For additional information visit the USDA web site <http://www.usda.gov/cnd/summer/default.htm> or contact Patti Harding (515-281-4754 or [patti.harding@ed.state.ia.us](mailto:patti.harding@ed.state.ia.us)).

### SFSP Reimbursement Rates 2003

SFSP Payment Rates			
Type of Meal Served	Operating Costs	Administrative Costs For Meals Served at	
		Self-preparation or Rural Sites	Vended or Urban Sites
Breakfast	1.35	0.1350	0.1050
Lunch or	2.35	0.2475	0.2050

<b>Supper</b>			
<b>Supplement</b>	0.55	0.0675	0.0525

## Exemptions Under the Competitive Foods Regulation

The Bureau of Food and Nutrition has received notice of recent changes to the list of exemptions under the Competitive Foods Regulation. Brach's Confection, Inc. has added Clifford, the Big Red Dog (Fruit Snacks) to the list of products exempted from the jellies and gums category of "foods of minimal nutritional value" as defined in 7CFR Part 210.11(a)(2) and Part 220.2(l-1).

The exemption of the product listed above means that it is no longer considered a food of minimal nutritional value, and can therefore be sold during the meal period in a school food service area.

This does not mean that this product is approved or endorsed by the Food and Nutrition Service. Nor does an exemption indicate that this product has significant nutritional value. In addition, the exemption and memo should not be perceived as guidance or encouragement to school food authorities concerning its possible purchase.

As always, please be aware that several companies with exempted foods produce similar products that are not exempted and are therefore still considered foods of minimal nutritional value. The exemption of one product does not mean that similar products or a family of products are exempted unless specifically stated in an exemption letter.

The most recent list of exempted food items are on the Bureau of Food and Nutrition web site at <http://www.state.ia.us/educate/ecese/fn/publications.html>. The list is also enclosed for those who do not have access to the Internet.

## Afterschool Snack Program— Could It Benefit Your Students?

Is your school district operating an afterchool care program? Does your district provide educational/enrichment activities afterschool on a regular basis? If so, your district might be eligible to participate in the Afterschool Snack Program. This program which was effective October 1, 1999 provides reimbursement for snacks served in approved programs.

Eligible afterschool programs operating in areas in which at least 50% of the enrolled children are certified to be eligible for free or reduced price meals are eligible to receive reimbursement at the free rate for all snacks served to children participating in the afterschool care program. Sites under 50% eligibility claim by reimbursement type (free, reduced price, or paid).

For additional information, contact Dean Flaws (515) 281-4032.

## Offer vs Serve—Updated Guidance/Training

Last summer USDA had indicated that a new offer vs serve guidance/training kit would be sent to school food authorities sometime in the fall. The Bureau has just been notified that the project has taken longer than anticipated, therefore, it may be a year or more before USDA releases these materials. USDA apologizes for the delay.

**The U.S. Department of Agriculture (USDA) is an equal opportunity service provider and employer.**

To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 14<sup>th</sup> and Independence Avenue, SW, Washington, D.C. 20250-9410 or call (202) 720-5964 (voice and TDD).

# No Child Left Behind Act (NCLB) and the School Lunch and Breakfast Program

The NCLB Act reauthorized Title I, Part A of the Elementary and Secondary Education Act. States and local educational agencies (LEAs) receiving funding under Title I, Part A must assess and report on the extent to which students in schools operating Title I programs are making progress toward meeting State academic proficiency standards in reading or language arts and in mathematics.

For many LEAs, information from the National School Lunch Program is likely to be the best, and perhaps the only source of data available to hold schools accountable for the achievement of “economically disadvantaged” students, and also to identify students as eligible to receive supplemental educational services or to receive priority for public school choice.

## National School Lunch Act

Section 9 of the Richard B. Russell National School Lunch Act (NSLA) establishes requirements and limitations regarding the release of information about children certified for free and reduced price meals provided under the National School Lunch Program. The NSLA allows school officials responsible for determining free and reduced price meal eligibility to disclose *aggregate* information about children certified for free and reduced price school meals. Additionally, the statute permits determining officials to disclose *the names of individual children* certified for free and reduced price school meals and the child’s eligibility status (whether certified for free meals or reduced price meals) to persons directly connected with the *administration or enforcement of a Federal or State education program*. This information may be disclosed without parental consent.

Because Title I is a *Federal education program*, determining officials may disclose a child’s eligibility status to persons directly connected with, and who have a need to know, a child’s free and reduced price meal eligibility status in order to administer and enforce the new Title I requirements.

The statute, however, does not allow the disclosure of any other information obtained from the free and reduced price school meal application or obtained through direct certification. School officials must keep in mind that the intent of the confidentiality provisions in the NSLA is to limit the disclosure of a child’s eligibility status to those who have a “need to know” for proper administration and enforcement of a Federal education program. As such, we expect schools to establish procedures that limit access to a child’s eligibility status to as few individuals as possible.

USDA urges school officials, prior to their disclosing information on the school lunch program eligibility of individual students, to enter into a memorandum of understanding or other agreement to which all involved parties (including both school lunch administrators and educational officials) would adhere. The Bureau of Food and Nutrition has required districts to annually identify procedures for release of free and reduced price meal eligibility for Title I requirements and send a copy into the Bureau of Food and Nutrition with the yearly Policy Statement documents. Please review your copy of this release to ensure all parties involved have signed the release form. Contact Patti Harding at 515-281-4754 or [patti.harding@ed.state.ia.us](mailto:patti.harding@ed.state.ia.us) if additional information or assistance is desired.





# Commodity News

## Commodity Ordering over the Internet

The percentage of schools in Iowa who are ordering commodities by the Internet is as follows:

Des Moines Warehouse – 70%  
Mason City Warehouse -- 77%  
Sioux City Warehouse -- 79%

These results are as of the 3C (January) orders. With only two releases left this year, 3D (March) and 3E (May) we hope to increase these figures over 90%. The plan for next year is not to send paper orders at all. Be sure to get your ID and password if you are ready to order by Internet.



## **Individually Wrapped Grilled Cheese (Cooking Instructions)**

Conventional Oven—Items 6662 & 6664 3-5 oz.  
Remove from case. Completely thaw sandwiches for 1 – 1-1/2 hour at room temperature. Place individually wrapped Uncrustables on cooking sheet. Heat in conventional oven at 400 F for 10-12 minutes, or until golden brown. Allow 5 minutes for cooling before serving.

Convection Oven – Items 6662 7 6664 – 3-5 oz  
Remove from case. Completely thaw sandwiches for 1 to 1-1/2 hours at room temperature. Place individually wrapped Uncrustables on cooking sheet. Heat in convection oven at 350 F with medium or high fan 10-12 minutes, or until golden brown. Allow to cool for 5 minutes before serving.

## **CORRECTION**

### **(3D) March Release Newsletter Dated January, 2003**

Item three (3) listed a couple of new processed products, the cheese pouch and the macaroni and cheese. The individual pouch sizes and gross weight were switched around.

It should read as follows:

Cheese Sauce Pouch  
#2530, 6/5 lb. gross weight – 32 lb.

Macaroni and Cheese  
#2532, 4/7.2 lb. gross weight – 31 lb.

These weights should be the same as the information sheets that were mailed to you.

## **Delivery Plans for Next Year (2003-04)**

Iowa is going to six commodity deliveries next year, instead of the current five.

August 18/September	Delivery 4A
October	Delivery 4B
November/December	Delivery 4C
January/February	Delivery 4D
February/March	Delivery 4E
March/April	Delivery 4F

Each delivery takes approximately five weeks. A schedule and more information will follow.

